

September

ELEMENTARY LUNCH MENU

CALEY, CANDLEBROOK, GULPH, & ROBERTS

Every student can select one *main entree and their choice of fruits and vegetables daily. 1% White Milk and Fat Free Chocolate Milk are also offered with each meal. Entree's labeled with "V" stand for vegetarian

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal Pricing: Lunch
Free/Reduced-At no cost
Full Paid- \$3.00
Served Daily:

Milk: 1% White, Fat Free White and or Chocolate Milk
-May only choose 1-

Fruit: Apple Slices, applesauce, and Fruit of the Day
-May only choose 2-

Vegetable: Baby Carrots and the Veggie of the Day
-May only choose 2-

Condiments and Dressing are offered if part of the meal

PA Harvest of the Month Bell Peppers

As bell peppers mature, their color changes from green to red and they become sweeter. The green bell pepper is a pepper that has not fully ripened and will not ripen after picking. Paprika is prepared from red bell peppers. Peppers are botanically a fruit, but are recognized in the culinary world as a vegetable

For more information, menus, payment options, low balance alerts, and applications for free/reduced please visit SchoolCafe.com or scan the QR code to visit umasd.org for more Food Service Info.



SCAN ME

Any further questions can be directed to
Brittany Frazer at bfrazer@umasd.org or
610-205-8804

This institution is an equal opportunity provider. Menus are subject to change.

1-Chicken Nuggets and Smile Fries
2- Cheese Pizza Slice-V
3-Warm Pretzel and Cheese Grab and Go-V

Wk1 Broccoli Florets
Banana 31

* HAPPY *
LABOR DAY
No School
Wk2 7

1-Spaghetti & Meatballs in sauce with a dinner roll
2-Cheese Pizza Slice-V
3- Warm Pretzel and Cheese Grab and Go-V

Wk3 Broccoli Florets
Banana 14

YOM KIPPUR
WISH YOU PEACE AND GOODNESS
Wk4 21

1-Cheeseburger on bun
2-Grilled Cheese with Tomato Soup-V
3- Popcorn Chicken Garden Salad with dinner roll

Steamed Green Beans
Mixed Fruit Cup 1

1- Macaroni and Cheese with a dinner roll-V
2-Grilled Cheese with Tomato Soup-V
3- Chicken Tender Wrap
Steamed Yellow Corn

Mixed Fruit Cup 8

1-Popcorn Chicken and Dutch Waffle
2-Grilled Cheese with Tomato Soup-V
3- Popcorn Chicken Garden Salad

Brussel Sprouts
Mixed Fruit Cup 15

1-Turkey Taco Meat & Cheese on Tortillas with lettuce and tomato cup
2-Grilled Cheese with Tomato Soup-V
3- Chicken Tender Wrap
Steamed Yellow Corn

Mixed Fruit Cup 22

1- Cinnamon Roll with Cheesy Egg Omelette & Hash Browns-
2- Cheesy Egg Bites with a Bagel and Hash Browns- V
3-Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices
Pear Fruit Cup 2

1- Fish Sticks with dinner roll
2- Chopped Chef Salad with Egg-V
3- Wowbutter&Jelly-V

Sliced Bell Peppers
Pear Fruit Cup 9

1-French Toast Sticks ,Cheese stick, Yogurt & Hash Browns-V
2- Cheesy Egg Bites and Hash Browns- V
3- Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices
Pear Fruit Cup 16

1-Beef Teriyaki over brown rice & fortune cookie
2- Chopped Chef Salad with Egg-V
3- Wowbutter&Jelly-V
Sliced Bell Peppers

Pear Fruit Cup 23

1-Italian Meatball Sub on roll
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Nachos Kit Grab and Go with cheese and salsa cup-V

Steamed Broccoli
Peach Fruit Cup 3

1-Cherry Blossom Chicken brown Rice & fortune cookie
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Turkey Bacon Wrap
Steamed Green Peas

Peach Fruit Cup 10

1-Mini Cheesesteak Sandwich
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3-Nachos Kit Grab and Go with cheese and salsa cup-V

Sweet Potato Fries
Peach Fruit Cup 17

1-Crispy Chicken Patty Sandwich & pickles
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Turkey Bacon Wrap
Steamed Green Peas

Peach Fruit Cup 24

SPEED UP THE LINE BY HAVING YOUR ID READY
No School
4

1-Walking Beef Nachos
2-Chicken Tenders, French Fries and a roll
3- Make Your Own Pizza Grab and Go-V

Celery Sticks
Dried Cherries 11

1-All Beef Hot Dog with baked beans
2-Chicken Tenders, French Fries & roll
3- Assorted Cereal, yogurt, cheese Grab and Go-V
Assorted Veggie Cup

Grapes 18

1-Turkey Pepperoni Pizza Slice
2-Chicken Tenders, French Fries and roll
3- Make Your Own Pizza Grab and Go-V
Celery Sticks

Dried Cherries 25